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JAMES E. SULLIVAN.

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There are so few men who can cover second base to perfection that their names can easily be called off by anyone who follows the game of base ball. Team owners who possess such players would not part with them for thousands of dollars. These men have been interviewed and their ideas incorporated in this book for the especial benefit of boys who want to know the fine points of play at this point of the diamond. Illustrated with full-page pictures. Price 10 cents.



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No. 293—Official Handbook of the National League of Professional Base Ball Clubs.

Contains the Constitution, By-Laws, Official Rules, Averages, and schedule of the National League for the current year, together with list of club officers and reports of the annual meetings of the League. Every follower of the game should have a copy of this book if he wants to keep his file of Base Ball books complete. Price 10 cents.



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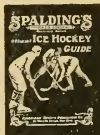
By James Braid, the English Open Champion of 1906. A glance at the chapter headings will give an idea of the variety and value of the contents: Beginners' wrong ideas; method of tuition; choosing the clubs; how to grip the club; stance and address in driving; the upward swing in driving, etc.; Numerous full-page pictures of Champion Braid in action add to the book's attractiveness. Price 10 cts.



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Compiled by J. E. Sullivan, Chief Department Physical Culture, Louisiana Purchase Exposition, Director Olympic Games, 1904, Special Commissioner from the United States to the Olympic Games at Athens, 1906, and President of the Amateur Athletic Union. The only annual publication now issued that contains a complete list of amateur best-on-records; complete inter-collegiate records; complete English records from 1866; swimming records; interscholastic records; Irish, Scotch, Continental, South African and Australasian records; important athletic events and numerous photos of individual athletes and leading athletic teams. Price 10 cents.

No. 27—College Athletics.

M. C. Murphy, the well-known athletic trainer, now with Pennsylvania, the author of this book, has written it especially for the school-boy and college man, but it is invaluable for the athlete who wishes to excel in any branch of athletic sport. The subjects comprise the following articles: Training, starting, sprinting; how to train for the quarter, half, mile and longer distances; walking; high and broad jumping; hurdling; pole vaulting; throwing the hammer. It is profusely illustrated with pictures of leading athletes. Price 10 cents.



No. 182—All-Around Athletics.



Gives in full the method of scoring the All-Around Championship, giving percentage tables showing what each man receives for each performance in each of the ten events. It contains as well instructive articles on how to train for the All-Around Championship. Illustrated with many pictures of champions in action and scores at all-around meets. Price 10 cents.

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How to become an athlete. It contains full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; in fact, this book is one of the most complete on the subject that has ever appeared. Special chapters contain valuable advice to beginners and important A. A. U. rules and their explanations, while the pictures comprise many scenes of champions in action. Price 10 cents.



No. 87—Athletic Primer.

Edited by James E. Sullivan, President of the Amateur Athletic Union. Tells how to organize an athletic club, how to conduct an athletic meeting, and gives rules for the government of athletic meetings; contents also include directions for building a track and laying out athletic grounds, and a very instructive article on training; fully illustrated with pictures of leading athletes. Price 10 cents.



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Physical Culture Group XVI.

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This is the fifth of the Physical Training series, by Prof. E. B. Warman (see Nos. 142, 149, 166, 185, 213, 261, 290). A glance at the contents will show the variety of subjects: Chapter I—Basic principles; longevity. Chapter II—Hints on eating; food values; the uses of salt. Chapter III—Medicinal value of certain foods. Chapter IV—The efficacy of sugar; sugar, food for muscular work; eating for strength and endurance; fish as brain food; food for the children. Chapter V—Digestibility; bread; appendicitis due to flour, etc., etc. Price 10 cents.



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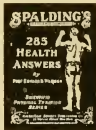
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No. 285—Health; by Muscular Gymnastics.

With hints on Right Living. By W. J. Cromie, Physical Director Germantown (Pa.) Y.M.C.A. The author says: "Seeing the great need for exercise among the masses and knowing that most books on the subject are too expensive or too difficult to comprehend, the author felt it his privilege to write one which is simple and the price of which is within the reach of all. If one will practise the exercises and observe the hints therein contained, he will be amply repaid for so doing." Price 10 cents.



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By W. J. Cromie, Physical Director Germantown (Pa.) Y.M.C.A. This book deals with the causes, symptoms and treatment of constipation and indigestion. It embraces diet, water cure, mental culture, massage and photographic illustrations of exercises which tend to cure the above diseases. If the hints therein contained are observed and the exercises faithfully performed, most forms of the above diseases will be helped. Price 10 cents.

No. 290—Get Well; Keep Well.

This is a series of chapters by Prof. E. B. Warman, the author of a number of books in the Spalding Athletic Library on physical training. The subjects are all written in a clear and convincing style. Price 10 cents.





WILLIAM J. CROMIE,
PHYSICAL DIRECTOR OF THE YOUNG MEN'S CHRISTIAN
ASSOCIATION,
GERMANTOWN, PHILADELPHIA.

Group XVI, No. 285

HEALTH

BY MUSCULAR GYMNASTICS

With Hints on Right Living

By

W. J. CROMIE

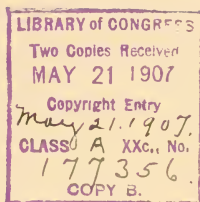
Physical Director of the Young Men's Christian
Association, Germantown, Philadelphia



Illustrated with Half Tone Cuts of the Author



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PREFACE

There are none with whom the author more greatly sympathizes than those whose bodies are weak and sickly, and who have not the facilities for daily scientific bodily exercise. Seeing the great need for exercise among the masses, and knowing that most books on this subject are too expensive, or too difficult to comprehend, the author felt it his privilege to publish one which is simple, and the price of which is within the reach of all. He would caution against these new original (?) *systems* of gymnastics (taught by mail) and otherwise, which will accomplish what no other *system* will. What are needed to-day are not *systems*, with physiological sounding titles, but, plain, simple gymnastics, athletics and games. If one will *read* this pamphlet and *systematically* practice the exercises and observe the hints herein contained, he will be amply repaid for so doing.

INTRODUCTION

The tendency of the present age is toward the artificial life. Conditions in the present century demand too much of our nerves and brains and oftentimes too little of our muscles. We strive in keen competition for wealth, for power, for position; we rack our brains for new schemes of advancing ourselves, our families, our business; we worry much of the day and much of the night. We eat too fast, sleep too little, and in many ways unnecessarily wear ourselves. Nervous troubles are increasing; nervous "prostration" is far too common, and has grown to be almost fashionable.

The remedy for these things does not lie in drugs and medicines, but in sensible habits of living, sleeping, eating, drinking and exercising. We need more recreation; we need a simpler life. The exercises which Mr. Cromie suggests are admirable. They bring into play all the more important muscular groups. His arrangement is a sensible one, and his advice is all good.

"Too busy to exercise" is no excuse. Exercise conserves and promotes health. There is nothing more important than health. Let us remember that the body cannot be neglected with impunity, and that all of our functions must be used and exercised if we desire the health of mind and body which makes life worth the living.

J. C. ELSOM, M. D.,

Professor of Physical Training, University of Wisconsin.

ARE GYMNASTICS AND ATHLETICS UNHEALTHFUL?

What do most young men of our country to-day desire? Is it not to get physical strength? Is it not the knowledge of how to acquire perfect health? Is the desire not a worthy one? Yes, the desire for health and strength is worthy, and is, furthermore, a Divine obligation, for in order that man be successful in life he must ever be at his best.

Whom do the men and women of our country envy? Is it one with a sickly, puny, impaired body; bent form and sallow complexion? No, it is the man who can run the fastest, jump the best, who can perform the most daring feats, whose will is strong, who makes stepping stones of obstacles, and surmounts all difficulties, until he reaches the highest attainable pinnacle of fame, wealth or noble manhood.

There is a story in pictures that can never be told in prose or verse. When one observes well developed athletes, he can be certain that it required long, persistent labor to get the body in that condition, and that it means hard work to keep it so.

The literature of the Greek and Roman races is filled with the power and beauty of their gods. Gaze on the statue of Hercules or Apollo, and are we not filled with admiration and awe? Even in our modern literature, do we not describe the athlete as one whose strength is Herculean? In whom shall we find ideals more perfect than those whom the Greeks and Romans deified and worshipped? When we desire a perfect female ideal, do we not refer to Hebe, Diana and the Venuses?



It is often too true that many big muscled men are unhealthy. Lifting heavy weights, engaging in too violent exercises, prize fighting, and other brutal sports will give one muscular development, but these are contrary to nature and intelligence. Health must be the foundation for muscle and body building.

There always have been and probably always will be some well meaning persons who argue against gymnastics and athletics. They say that the athlete exercises his muscles at the expense of the mind, and that athletes contract disease and die young.

The first of the objections is as old as Plato (430 to 347 B. C.), who described some of the athletes of his time as "sleeping away their lives." Galen, in speaking of the Greek and Roman athletes, described them as "heavy and stupid." Might not the Latin proverb, "*Mens sana in corpore sana*," have come to the mind of the ancient writer by seeing and knowing athletes in whom the physical and mental qualities were both well developed? Plato and Galen probably meant that the man who gave all his time to developing a massive physique at the expense of the mind, was little better than the beast of the field.

Viewed in that sense athletics and gymnastics would do more harm than good, for mental culture is better than physical, as is Spiritual better than either or both mental or physical. Usually there is more danger of the "book worm" neglecting to take necessary exercise than there is of the physical culturist not taking enough mental culture. If one would be a rounded perfect man he must develop SPIRIT, MIND and BODY.

The second of these objections, that of the athlete contracting disease and dying young, is absurd, as history proves that this is not a fact. Worry, not exercise, kills. It is not movement, but rust that ruins machinery. It is not the ship at sea, but the ship at wharf that rots the faster. Running water purifies itself.



Suppose a few athletes (?) do die young, are the others to be condemned on that account? Most every one knows that exercise can be carried to excess, as in eating, drinking or any other good thing. Can an athlete over-eat, drink liquors, prostitute himself and break every other law of health and hygiene and live long? Certainly not; for while an athlete can stand more abuse of the body than can a man of sedentary occupation, still he is human and will succumb to deadly drugs and excess. While we hear or read of a celebrated athlete dying of disease, how many there are whom we barely take note of, who drop dead of heart disease caused by muscular inactivity.

Let us open the Bible. Do we not find that those whom God chose as leaders were strong men? Moses was a man of strength, else the years of march over desert, sea and mountain would have exhausted him; the anxiety of the Exodus would have crushed him. He came through all this in splendid condition, for we are told that "Moses was an hundred and twenty years old when he died; his eye was not dim, nor his natural force abated." David was a man of strength, for when a lad tending sheep he killed a lion and a bear, besides the giant Goliath. Elijah was a man strong in body, as he ran swiftly for eighteen miles in front of Ahab's chariot. Saul was a strong man, but prostituted his strength because of his evil doing. Sampson was the strongest man whom the world has ever known. Daniel and many others of the Bible were strong men.

Socrates, the heathen philosopher of Athens, was a strong man. His school was the workshop and the gymnasium. In Harrison's Story of Greece, we are told that he surpassed all men in physical endurance.

Demosthenes, the great Greek orator, when a boy was weak and sickly. The stammering of his tongue he corrected by prac-



tising with pebbles in his mouth; his voice he strengthened by vigorous exercise.

Cicero, Rome's great orator, had stated hours for his exercise. Cæsar was an extremely skillful swordsman and horseman, and a good swimmer. Hannibal and Alexander were great generals, whose bodies were strong, who could endure fatigue and the extremes of heat and cold. Lysurgus and Coriolanus were devotees of manly sports. Alcibiades became master of the Athenians by reason of eloquence, grace of person, and strength of body. Themistocles excelled in gymnastics. Sertorius is said to have swum the Rhone in full armor. Marius, Pelopides, Marcellus and Cato delighted in exercise and strength of the body. In short, ancient and mediæval history shows that brain and brawn were two characteristics of men whom the world recognized as leaders.

Modern history shows that our successful men had a good physical education. It reveals the fact that strength and longevity are found in those who follow Nature's laws.

It is said that Washington, after working all day in the forests of Virginia, would wrestle anyone who presented himself, and that he at one time wrestled seven men one after the other, and obtained a fall from each. Lincoln, Jefferson, Adams, Franklin, Jackson and Webster were men of strong physiques. Shakespeare, Byron, Goethe, Gladstone and Bismarck have won the admiration of the world by the physical bodies and master minds which they have possessed. Hundreds of great men might be named, whose bodies were strong and powerful. Who are the successful men to-day; those whom the world recognizes as great? Are they not strong physically?

Some seem to think that one exercises for the sole purpose of obtaining big muscles. This is one of the least reasons for exercise. By exercising the voluntary muscles we thereby strengthen

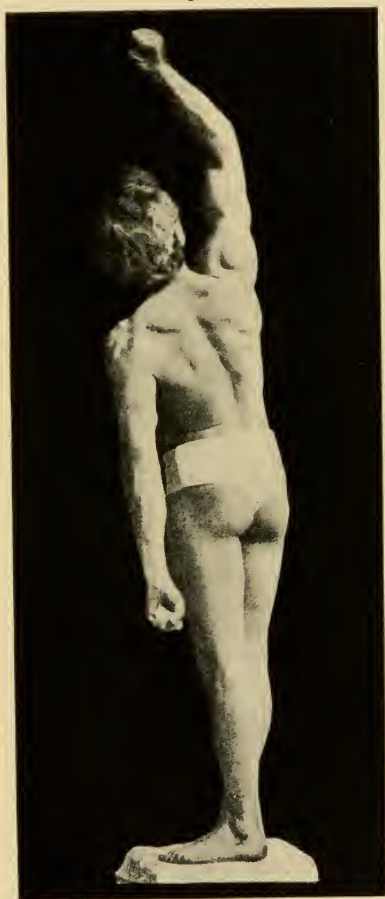


the involuntary muscles, such as the heart, etc., by increasing the circulation of the blood and respiratory organs. By our every movement, such as breathing, winking, and even thinking, certain cells are destroyed and must be replaced by others. This work is performed by the blood, which carries the old wornout cells to the lungs, skin and kidneys, and these organs discharge them from the body, while the blood, ever busy, lays down new material. Vigorous exercise tears down weak cells, and the blood, quickened by the exercise, quickly replaces the dead cells by the stronger living ones. Thus we see how one who exercises daily will soon become possessed not only with large and strong voluntary muscles, but with vital organs strong and vigorous.

The writer need hardly refer to the poses of himself. Suffice to say that at one time he was weak and sickly and regained health and strength not by change of climate, but by change of living, hardening the constitution by proper exercise, deep breathing, cold water baths and following the laws of nature. Some say that they follow the laws of nature, but it seems to me that they do not know many of her laws. If one can live when the germs of disease are in the food he eats, in the water he drinks, even in the air that he breathes, he can become strong and robust if he uses the powers which God has given him.

He who realizes the need of exercising his body, but is too lazy, or deems it inconvenient on account of time or location, must not be surprised if he deteriorates in bodily strength and vigor.





EXERCISES FOR DEVELOPING VARIOUS MUSCLES.

Following are some cuts, with movements and combinations. If one will work at these systematically, he will derive much benefit therefrom. Be sure and maintain as nearly as you can the proper posture, not only while exercising, but at *all* times. Perform each exercise from ten to twenty times.

It is better to exercise on retiring, or the first thing in the morning, as much clothing restricts freedom of motion.

Many of the following exercises may be used in the school room : Figures 2, 3, 4, 5, 6, 7, 8 and 9. I hope the day will soon come when every public school will have a gymnasium for the use of both sexes, at which attendance shall be compulsory for all healthy children, and which shall be thrown open in the evening for a small fee to the older ones who have passed their compulsory course and who prefer to make their bodies strong and vigorous rather than walk the streets and visit questionable places.

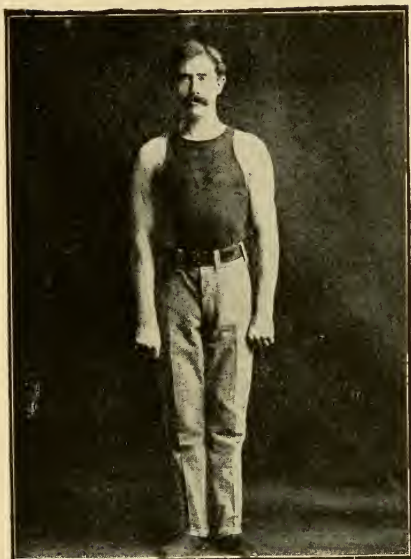


FIGURE 1—CORRECT POSTURE.

The chest should be thrown out strongly, chin drawn in toward the chest, abdomen in, back hollowed and hips extended. The best way for one to tell whether he has the right position or not, is to stand with the back to a wall with head, shoulders, hips and heels touching it. It is well to start with very simple exercises which bring the blood to the extremities, and then increase to a maximum, followed by deep breathing exercises.



FIGURE 2—OPENING AND SHUTTING OF FINGERS.

1. Open the fingers with force, with
 - (a) arms down at side as in figure.
 - (b) arms held at front horizontal.
 - (c) arms held at side horizontal.
 - (d) arms held vertical.
2. The above, with fingers of one hand closed; other open, alternate.
3. Place hands on chest and open fingers as arms are extended down, side, front, vertical.

HAND-SHAKE.

Shake hands by bringing fingers toward wrist, then away; wrists very flexible. Down, side, front, vertical.

ROTATE ARMS

Down, side, front, vertical.

Flex wrists and rotate arms together.

Down, side, front, vertical.

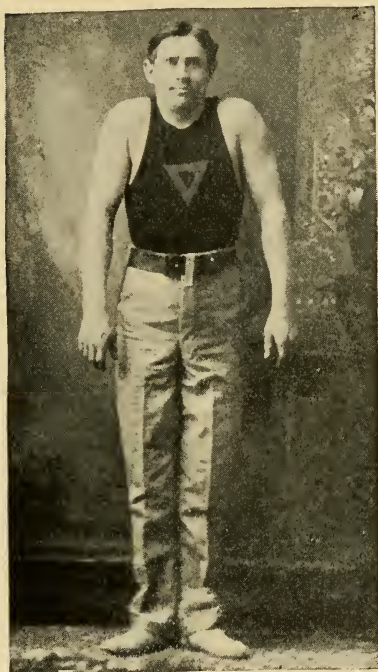


FIGURE 3—ELEVATE SHOULDERS.

1. (a) Raise right shoulder.
 (b) Raise left shoulder.
 (c) Raise left and right alternate.
 (d) Raise left and right simultaneously.
 (e) Raise both together.
2. (a) Hold arms in front horizontal position, raise shoulders.
 (b) Hold arms in side horizontal position, raise shoulders.
3. Shoulder circles (circumduct) arms down at side, and
 (a) Move shoulders back and down.
 (b) Arms held at side horizontal; small circle, describe circle with hands, reverse.
4. The above exercises in the stoop-stand position. (Fig. 5.)
5. The above exercises in the arch-stand position. (Fig. 11.)



FIGURE 4—NECK EXERCISES.

1. Neck flexion—
 - (a) bend forward till chin touches chest (See Fig.); bend backward to fullest extent.
 - (b) flex neck from side to side.
2. Neck rotation—
 - (a) rotate chin to right, return to front.
 - (b) rotate chin to left, return to front.
 - (c) rotate both right and left.
3. Circumduct neck, right, left (describe a circle with the head).
4. Project chin forward ; draw chin into chest (chest out strong in retraction).
5. Perform the above in the stoop-stand position. (Fig. 5.)



FIGURE 5.

1. From position of Fig. 1 bend forward from the hips to a stoop-stand position, keeping the chest out, back hollowed and head erect with
 - (a) hands on hips.
 - (b) hands behind head.
 - (c) arms to side horizontal.
 - (d) arms to front horizontal. (See Fig.)
 - (e) arms to vertical.
2. Place the hands on the chest, bend body forward from the hips (stoop-stand), and hold this position while you perform *c*, *d* and *e* of the above (Fig. 5) exercises.
3. Bend forward from the hips, and extend right leg to the rear. Left leg. These may be accompanied by the above arm movements.



FIGURE 6.

1. Raise on toes with
 - (a) hands on hips.
 - *(b) hands behind head.
2. Raise arms sideways to side horizontal as heels are raised ; drop as heels are lowered.
 - (b) the same arms front horizontal.
 - (c) the same arms vertical. (See Fig.)
3. Raise the toes with the above combinations.
4. Raise on one foot only, with above movements.
 - (a) right.
 - (b) left.
5. The above movements in the stride-stand position.
6. The above movements in the walk-stand position.

*When hands are behind the head, keep the elbows well back (arms in lateral plane).

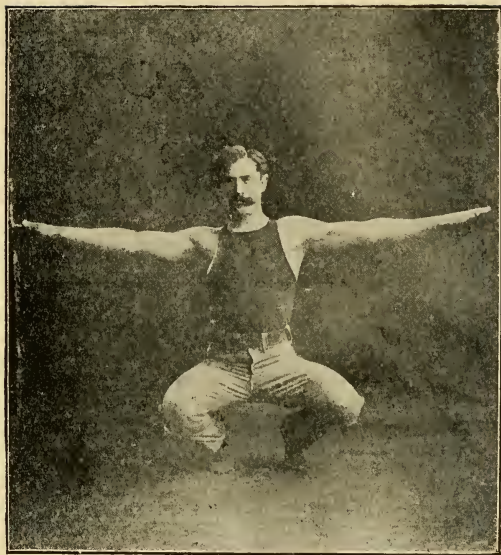


FIGURE 7.

*Full squat with

- (a) hands on hips.
- (b) hands behind head.
- (c) arms raised to side horizontal. (See Fig.)
- (d) arms raised to front horizontal.
- (e) arms raised to vertical.

*Keep the body in an erect position ; do not lean forward ; chest out strong.

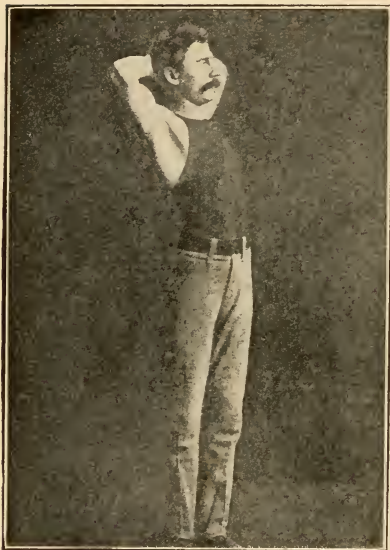


FIGURE 8.

1. Rotate the body from right to left with
 - (a) hands on hips.
 - (b) hands behind head. (See Fig.)
 - (c) arms held at front horizontal.
 - (d) arms held at side horizontal.
2. The above exercises by moving from the waist only; do not move the hips.



FIGURE 9.

Bend body from right to left with

- (a) hands on hips.
- (b) hands behind head. (See Fig.)
- (c) arms held at vertical.
- (d) arms held at side horizontal. Keep the arms the same distance apart.



FIGURE 10.

*Bend forward with

- (a) hands on hips.
- (b) hands behind head.
- (c) arms held at side horizontal.
- (d) arms held at vertical and touch floor. (See Fig.) Keep knees stiff.
- (e) arms thrust to the rear as you bend forward.

*Keep the chest well thrown out on this set of exercises. These are not good for children unless the correct position can be maintained.



FIGURE 11.

1. Arch flexion with
 - (a) hands on hips.
 - (b) hands behind head.
 - (c) arms vertical. (See Fig.)
 - (d) combine Figs. 5 and 6.
2. Arch flexion, and
 - (a) extend right leg forward.
 - (b) extend left leg forward.



FIGURE 12—CHARGING EXERCISES.*

1. Charge front, as in figure, with
 - (a) arms vertical, right leg forward, left, alternate.
 - (b) arms side horizontal, right leg forward, left, alternate.
 - (c) arms front horizontal, right leg forward, left, alternate.
 - (d) arms rear, right leg forward, left, alternate.
2. Charge side horizontal, right and left leg, with above arm movements.
3. Charge to the rear, right and left leg, with above arm movements.
4. Charge left and right, front oblique, with above arm movements.
5. Charge left and right, rear oblique, with above arm movements.

*A charge is about $2\frac{1}{2}$ foot lengths. A lunge is performed the same as a charge.



FIGURE 13—LEG EXTENSION.

1. Hands on hips or clasped behind head, and
 - (a) extend right leg forward.
 - (b) extend left leg forward.
 - (c) alternate.
2. From normal position bring arms vertical, arch back as the above are performed. (See Fig.)
3. Hands down at side, and
 - (a) arms extended to the rear as right leg is extended front.
 - (b) arms extended to the rear as left leg is extended front.
 - (c) alternate.

This may be used as a stretching exercise.

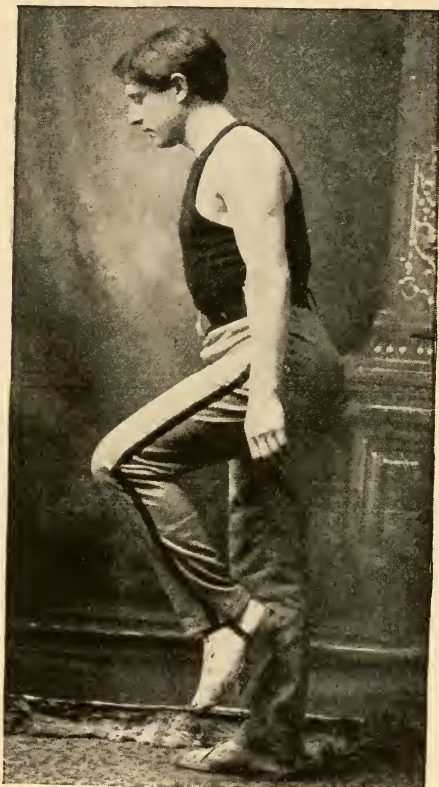


FIGURE 14.

Bring the knee up to the chest,

(a) raise arms to side horizontal ; knee to chest right, left.

(b) raise arms to front horizontal ; left to chest.

(c) raise arms vertical ; right knee to chest, left.

Stationary running ; do not gain ground and bring knees up as high as possible. (See Fig.)

Hands may be placed on hips, clasped behind head or held vertical.

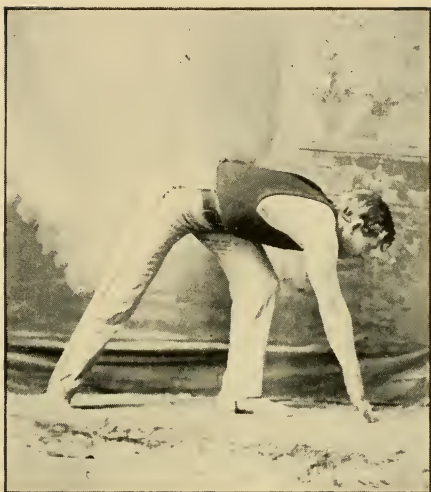


FIGURE 15.

Stride-stand position, and

- (a) bend to the right, touch the floor; arch back.
- (b) bend to the left, touch the floor; arch back.
- (c) combine the above.

CHARGE.

From normal position, arms vertical, and

- (a) charge to the right, as in figure.
- (b) charge to the left.
- (c) alternate right and left.

EXTENSION.

Bend, as in figure, and

- (a) extend right leg to the rear.
- (b) extend left leg to the rear.
- (c) Alternate

Note—When the right leg is extended to rear, extend left arm forward, and vice versa.



FIGURE 16—LEG EXTENSION.*

1. Hands placed on hips, and
 - (a) extend right leg to the rear.
 - (b) extend left leg to the rear.
 - (c) alternate right and left.
2. Hands behind head, perform the above leg movements.
3. From normal posture raise arms to side horizontal and perform above leg movements.
4. Raise arms as in figure, with above leg movements.

*Vary the exercises by keeping the leg extended perfectly straight; also bend knee as in figure.

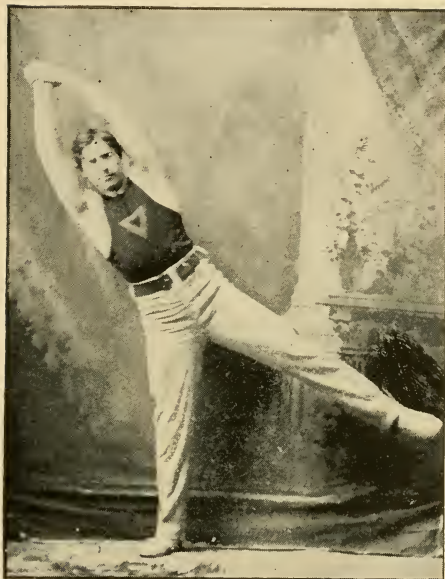


FIGURE 17—LEG ABDUCTION.

Hands behind head (arms akimbo), and

(a) abduct right leg.

(b) abduct left leg.

(c) alternate.

Arms held vertical, as in figure, and

(a) abduct right leg.

(b) abduct left leg.

(c) alternate.

Abduct right leg, as in figure; left hand on floor.

Abduct left leg, as in figure; right hand on floor.

Alternate.

This can be used as a stretching exercise.



FIGURE 18.

Stride-stand as in figure, and perform the following in four counts:

- (a) 1, hands on chest; 2, between legs; 3, on chest; 4, side horizontal.
- (b) 1, hands on chest; 2, between legs; 3, on chest; 4, front.
- (c) 1, hands on chest; 2, between legs; 3, on chest; 4, vertical.

JUMPING EXERCISES.

Normal position, arms vertical, jump to position of figure.

Normal position, arms horizontal, jump to position of figure.

FOR BUSINESS MEN.

The remaining exercises are especially good for business men, or any one whose occupation is of a sedentary nature.



FIGURE 19.

Lie on stomach, and

- (a) raise right arm. (Do not flex at elbow.)
- (b) raise left arm.
- (c) raise right leg. (Do not flex at knee.)
- (d) raise left leg.
- (e) raise both arms.
- (f) raise both legs.
- (g) raise both arms and legs. (See Fig.)



FIGURE 20.

- Lie on back, arms extended to fullest extent, and
- (a) raise right leg. (Do not flex the leg at knee.)
 - (b) raise left leg.
 - (c) raise right and left alternately.
 - (d) raise right and left simultaneously.
 - (e) both together. (See Fig.)



FIGURE 21.

- Lie on back, arms extended to fullest extent, and
- (a) raise body to sitting position, arms front. (See Fig.)
 - (b) the same, arms folded
 - (c) the same, arms vertical (chest out strong).



FIGURE 22—BACK LEANING REST.*

As in figure, and

- (a) bring right knee up toward chest, left, alternate.
- (b) raise right leg, left, alternate. (Do not bend knee.)
- (c) sit on floor and raise body as in figure.

SITTING REST.

Sit on floor, and

- (a) right knee to chest, left, alternate, simultaneous, both.
- (b) raise right leg, left, alternate, simultaneous, both.
- (c) abduct right leg, left, both together.
- (d) cross right leg over left, left over right ; cross both at once.

*Keep the head well back ; more than in figure.



FIGURE 23—KEEP BODY RIGID.

1. Front leaning rest: keep the body rigid from head to feet. From position of (Fig. 23) flex arms till body almost touches floor; return to (Fig. 23) position.
One should not try this movement until he has performed the others for some weeks unless he is quite strong, as it is quite hard to hold the correct position.
2. Front leaning rest, and
 - (a) raise right arm forward.
 - (b) raise left arm forward.
 - (c) raise right leg.
 - (d) raise left leg.
3. Front leaning rest, and slap the chest with both hands.



FIGURE 24—SIDE LEANING REST.

Rest on right side, and

- (a) raise left arm vertical.
- (b) raise left leg.
- (c) raise arm and leg together.

Rest on left side, and

- (a) raise right arm vertical
- (b) raise left leg.
- (c) raise arm and leg together.



FIGURE 25.

Raise the feet and shoulders from the floor about from 6 to 12 inches, hold position, and

- (a) bring right knee to chest.
- (b) bring left knee to chest.
- (c) alternate.
- (d) both.
- (e) abduct both legs.

Do not perform many of these exercises at one time, as they are too severe.

Above position, hold and stretch.

USEFUL HINTS

DEEP BREATHING.

Finish your exercising by deep breathing. There are so many ways recommended that one becomes confused and therefore takes no special breathing exercises. The best way to breathe is to do so naturally without special instructions. Of course one cannot be expected to breathe naturally if corsets and other tight clothing are worn.

A good way to breathe while exercising is to breathe with positions and movements favorable to inspiration (in-breathing) and expiration (out-breathing).

- (a) exhale as you drop chin on breast; inhale as you resume position of (Fig. 1).
- (b) inhale as shoulders are raised; exhale as you lower them.
- (c) inhale as you press the shoulders well back; draw them together as you exhale.
- (d) place hands behind head and inhale as elbows are pressed well back, exhale as the elbows are brought toward each other.
- (e) inhale as arms are raised to side horizontal, palms upward; bring arms to front, palms together, exhaling.
- (f) take the position of (Fig. 5), inhale as you resume the position of (Fig. 1), exhale as you return to (Fig. 5).

HINTS ON RIGHT LIVING.

Exercise alone will not give one perfect health. One essential and probably most important thing is a pure, wholesome *diet*. It should consist chiefly of vegetables, fruit, *whole wheat bread*, and in fact, any food which tends to give one health and strength.

One of the worst evils, and it is taught us at an early age, is the habit of eating too *much* food. The child is no sooner old enough to desire food than he is overfed. When he cries

from the effects of having been already overfed, the stuffing process is repeated. In fact, feeding becomes the panacea for every ill. The stomach is thus unnaturally distended, and eventually becomes enlarged and diseased.

To whom shall we go for advice regarding our eating and drinking? Know thyself and the advice of others will not be needed? Every one should understand the great laws and principles of physiology and apply them with the aid of experience to his own case. But eating improper food, drinking too much fluid at meal time and eating too fast is injurious to every one. Alcoholic drinks, drugs, condiments, tea, coffee and tobacco should be avoided.

Pure fresh *air* at all times and plenty of *sunlight* are essential to gain and maintain health. As food is needed to supply our bodies with material, so air is needed to supply the greater amount of oxygen to purify the blood. As fish cannot live out of water, neither can man live without air. The lungs are not like a house, with windows and doors, through which the breeze plays freely. They are, rather, like a deep well, into which fresh air will not go, unless in some way a current is made. We make this current stronger by deep breathing.

This deep breathing or (lung gymnastics) develops and expands the lungs and chest and increases the circulation of the blood. Attending poorly ventilated public places are productive of disease. Our sleeping rooms should be well ventilated.

Some *occupations* are causes of disease, by their exhaustion, monotony, deprivation of healthy condition, and the utter hopelessness of improvement. Occupations of a sedentary nature are bad; therefore, one thus occupied should take plenty of bodily exercise. Millers, stone-cutters, bakers, cigar makers and those who are compelled to breathe dust and morbid matter into the system, are subject to affections of the throat and lungs. Painters, and workers in lead, arsenic, mercury, etc., are poisoned. Brewers and bartenders are short lived. Persons of consumptive tendency should work in the open air and practice deep breathing.

Unclean habits, wearing filthy clothes, neglect of *daily bathing*, tend to clog the pores, prevent the throwing out effete, waste

and morbid matters, cause the re-absorption of matter already expelled, and are fruitful causes of disease.

Water promotes health when taken internally or applied externally. For weak or sore eyes water is very healing. First bathe the eyes in water as hot as can be borne, then in water as cold as can be had. This is also an excellent tonic for the skin, and will serve the hands and face as a cosmetic and remove wrinkles.

An effective way to cure a cold is to discontinue eating for a few meals and drink plenty of water. The reason eating should be discontinued is that in most cases it is overeating that causes colds. A cold is produced by the efforts of nature trying to throw off the impurities that have accumulated in the system.

For sore throat I have found that a handkerchief saturated with cold water tied about the neck to be quite effective in relieving it. It is better to tie some dry material over the wet application, and thus prevent catching cold. This application is also good for rheumatic joints, torpid liver, weak stomach, bronchial and pulmonary affections and varicocoele. For liver and stomach complaints, wear the bandage around the abdomen.

A liberal supply of pure water taken internally tends to make one fleshy, is good for the kidneys and cures constipation by making the liver active. It is better to wait a couple of hours after meals before drinking much water.

Violent and sudden *emotions* sometimes terminate in sickness and even death. Our every emotion tends to develop the body into beauty or ugliness. If one thinks of disease and imperfection all the time he cannot expect to have perfect health. Again, if he permits his mind to dwell on illicit thoughts and deeds, how quickly will the sexual organism become tainted, stultifying the intellect, deadening the sensibilities, dwarfing the soul. If one would be pure and continent, he should not entertain sensuous thoughts, but exert the will power and change the train of thought. Anger, jealousy, worry and hurry, grief, discontent, lack of self-control, passion, illicit imaginings all tend to make our bodies repulsive and diseased, while high and lofty thoughts, will power, love, charity, exercise and a Christian life imparts health.

There are many causes and conditions of disease, such as improper clothing, insufficient rest and sleep, etc., which we cannot discuss for want of space, but allow me to recommend four great natural curative agencies that should be studied: *Air, Diet, Water and Exercise.*

HOW TO INCREASE ONE'S WEIGHT.

Practice exercising rather slowly, in bathing use cold water sparingly, only enough to protect from colds; sleep eight or ten hours, dress warmly, eat principally cereals, eggs (raw or soft boiled), nuts, milk and hot water, peas and beans, baked apples and other sweet fruits, beef and fowl, rice and baked potatoes, and *whole wheat bread.*

HOW TO REDUCE ONE'S WEIGHT.

If the heart is sound, exercise vigorously and often, take cold baths daily, dress lightly, do not sleep over eight hours, eat principally fruit, fresh vegetables, fresh water fish, whites of eggs, wheat gluten, lean beef, mutton, chicken and veal, not more than three or four ounces of liquids at each meal, and but little between. Avoid fried foods of all kinds, fat meat, milk, potatoes, starch, pastry, cakes and sugar. Keep the bowels active.

BATHING. NEVER BATHE JUST BEFORE OR AFTER A MEAL.

Always bathe after exercise, using graded bath, beginning with warm water for cleansing, gradually reduce temperature until as cold as desired. Rub with a coarse towel until a good reaction is produced.

HELP IN CASE OF ACCIDENTS

This was taken from the "Gymnasium Director's Pocket Book."

DROWNING. 1. Loosen clothing, if any. 2. Empty lungs of water by laying body on its stomach and lifting it by the middle so that the head hangs down. Jerk the body a few times. 3. Pull tongue forward, using handkerchief, or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs, about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward, closing the nostrils and pressing the "Adam's apple" back (so as to close entrance to stomach), direct inflation may be tried. Take a deep breath and breathe it forcibly into the mouth of patient, compress the chest to expel the air, and repeat the operation. 7. **DON'T GIVE UP!** People have been saved after **HOURS** of patient, vigorous effort. 8. When breathing begins, get patient into a warm bed, give **WARM** drinks, or spirits in teaspoonfuls, fresh air and quiet.

BURNS AND SCALDS. Cover with cooking soda, and lay wet cloths over it. Whites of eggs and olive oil. Olive or linseed oil, plain, or mixed with chalk or whiting.

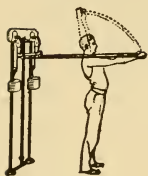
LIGHTNING. Dash cold water over the person struck.

SUNSTROKE. Loosen clothing. Get patient into shade, and apply ice-cold water to head.

MAD DOG OR SNAKE BITE. Tie cord tight above wound. Suck the wound and cauterize with caustic or white-hot iron at once, or cut out adjoining parts with a sharp knife.

VENOMOUS INSECTS' STINGS, ETC. Apply weak ammonia, oil, salt water, or iodine.

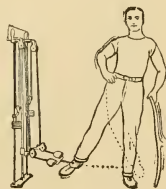
HOME EXERCISING—WHAT TO USE



To the grown man who has not started young to exercise systematically, it is necessary when the years commence to tell, to go back over lost ground and try to pick up the threads of his health and try to brace up once more the tired frame that seems to grow more weary with each departing year. However, let those whose youth has departed without giving them the opportunity

to experience real delightful and health-giving exercise, not despair, but endeavor by taking up now rational exercise to regain perhaps a little of that vigor which they knew not so long ago and which they may be able to recall. One of the aims of physical training is to make exercise interesting and enjoyable, and in doing this there is no better method for the ordinary man, especially the man with a family, than to make his exercise a part of the family work. There is no reason why he should not have the entire family group all entering into the spirit of it, and in this way the burden is lightened and exercising becomes more enjoyable and interesting, and incidently more beneficial.

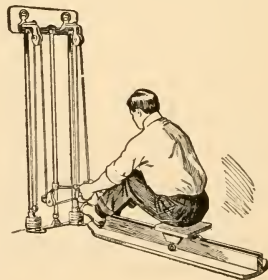
The first article that suggests itself for home exercise is a satisfactory style of chest-weight machine, and A. G. Spalding & Bros., in their endeavor to put out goods that would be really suitable for home use, have included in their line a number of styles of chest-weight machines which are well made, and which they sell at prices that are exceedingly reasonable. Their No. 2 Chest-Weight Machine costs \$5 complete. This price was unheard of before the unequaled facilities of this concern made it possible for them to market such a number of these machines that they were able to bring



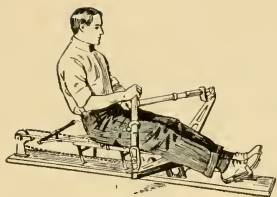


the price down to this figure. The machine is well made and easy-running. The wall and floor boards are of hardwood, nicely finished and stained. All castings are heavily japanned and every part of the machine is guaranteed free of defect. The weights are 5-lb. iron dumb bells, and they can be removed

to use as dumb bells if desired. The next grade to the No. 2 is the No. 4 Chest-Weight Machine, at \$7. This is the same type and general design as the No. 2, but the rods are of larger diameter and both rods and wheels are polished and nickle-plated. An exceedingly satisfactory style of machine is the Spalding Chest Weight No. 12. at \$10 each. This is a very well-made machine, indeed The cast-iron parts are all nicely japanned, the wheels are iron, turned true on centers, and have hardened steel cone-point bearings. The guide rods are spring steel, copper plated, and the weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with ten pounds of weights. This machine is an exceedingly satisfactory style. Something that is very useful as an attachment to the chest-weight machine is the foot and leg attachment. Spalding furnishes this, well made of heavy cowhide, readily attached to one handle or both of the machine and to be worn with or without shoe. The price of this foot, and leg attachment is \$1 each. Spalding also furnishes a head and neck attachment, to be used with the chest-weight machine, made of heavy cowhide, and ready for use by simply snapping to one of the handles of the machine or both. The price of the No. 3 head and neck attachment is also \$1 each.

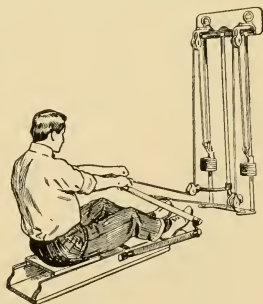


Exercise acts on the health of an individual in the same way as



of the lack of exercise. A little exercise is all that is necessary to keep one in good condition. Some rational, pleasant, and interesting exercise persisted in with regularity is all that is required, and really there is no exercise more interesting and so well within the reach of the ordinary man in his own home as that which can be obtained from a satisfactory style of rowing machine. Spalding furnishes two different styles of complete rowing machines. In the one the means used to produce the resistance is a simple friction clutch. This style of machine is known as the Laflin Machine. It takes instant hold at the commencement of the stroke, and retains the pressure till its completion, when it instantly releases it, precisely as in a boat. Each machine is adjustable to any amount of friction or resistance. The Laflin Machine, No. 119, costs \$16 each. The other style of rowing machine furnished by Spalding is known as the Kerns. This is the ideal boat for home use and training purposes. It is suitable alike for the athlete or the ordinary man or woman. It is used by the leading athletic clubs and by prominent oarsmen all over the world, and has been pronounced the most perfect rowing machine ever produced. It is fitted with the patent roller seat and adjustable shoes, and by turning a thumb-nut the belt can be tightened to any desired figure, and thus more or less friction thrown into the running parts, imitating the

the draught does on the fire in a furnace. Pile on the coal and shut off the draught, and you kill the fire. Continue to eat heavy meals and take no exercise, and your health will be affected; but not because of the food you have eaten so much as on account



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resistance when forcing a rowboat through the water. This machine can be used by women as well as men simply by loosening the thumb-nut to reduce the resistance, and, on the other hand, by reversing the operation the resistance can be so increased that the strongest athlete can have any amount of resistance. The oars are pivoted in such a way that the operator can handle and turn them the same as he could during the return and feathering motion with a boat oar. The price of the No. 600 Kerns' Rowing Machine, described above, is \$30 each.

Rowing attachments are also furnished by Spalding, to be used in connection with chest-weight machines. The No. 2 style, complete with seat, costs \$8; and the No. 1 style, with oars and seat, costs \$10. Both the No. 1 and No. 2 styles of attachments are not complete rowing machines. With both of these it is necessary to have also a regular chest-weight machine.

It is not a new thing to say that "modern people eat too much." The evidence of the fact is present in almost every home in the land. The remedy, however, is not so well known. More exercise is needed, and not, as many suppose, a course of dieting. A little exercise with the Indian clubs and dumb bells every evening, and perhaps every morning also, would go a great way toward curing many of the faults in our present mode of living, and toward eradicating many of the ailments to which most of us are subjected. To those who have not picked up an Indian club or dumb bell in years the improvements that have been made in the models of the Indian clubs particularly are very noticeable. The time was when the matter of balance was not considered a great deal in an ordinary Indian club. It was simply cut out of a piece of wood, and that was all there was to it; but to-day Indian clubs that are





proper are made with all regard to weight and balance, and in the Spalding line are included scientifically correct clubs to exercise with is really a pleasure and a privilege. The best-grade clubs in the Spalding line are known as the "Gold Medal" style. They are made of selected first-grade clear maple, natural color, high finish. The grain, of the wood is not hidden, and the clearness of the maple and the perfect quality of

material is very evident in these clubs, which are turned out with such care at the Spalding factory. Two models are made in these Gold Medal best-grade Indian clubs: Model E is popular with a great many of the best Indian club swingers, and Model D is the more familiar style. The prices per pair for the different clubs furnished in these two models are as follows:

Model E (weights specified are for each club), $\frac{1}{2}$ -lb. size, 60 cents per pair; $\frac{3}{4}$ -lb., 60 cents; 1-lb., 75 cents; $1\frac{1}{2}$ -lb., 85 cents; 2-lb., 95 cents; 3-lb., \$1.10.

Model B (weights specified are for each club), $\frac{1}{2}$ -lb. size, 45 cents per pair; $\frac{3}{4}$ -lb., 45 cents; 1-lb., 50 cents; $1\frac{1}{2}$ -lb., 55 cents; 2-lb., 60 cents; 3-lb., 90 cents.

Spalding also furnishes in the same models, but in cheaper quality, and in what is known as the stained finish, two models: Model ES and Model BS, corresponding to Models E and B, respectively, in shape. The prices per pair for these clubs are as follows:

Model ES (weights specified are for each club), $\frac{1}{2}$ -lb. size, 30 cents per pair; $\frac{3}{4}$ -lb., 35 cents; 1-lb., 40 cents; $1\frac{1}{2}$ -lb., 50 cents; 2-lb., 60 cents; 3-lb., 70 cents.

Model BS (weights specified are for each club), $\frac{1}{2}$ -lb. size, 25 cents per pair; $\frac{3}{4}$ -lb., 30 cents; 1-lb., 35 cents; $1\frac{1}{2}$ -lb., 40 cents; 2-lb., 45 cents; 3-lb., 55 cents.

The same care in turning out each article is shown in the line of Spalding wooden dumb bells as in the line of Indian clubs, and the best grade in these dumb bells is also known as the "Gold Medal."



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These are made of selected first-grade clear maple, natural color, lathe polish, high finish, and in this grade they are known as the Model A. The prices per pair for the different weights furnished are:

Model A (weights specified are for each bell), $\frac{1}{2}$ -lb. size, 40 cents per pair; $\frac{3}{4}$ -lb., 45 cents; 1-lb., 50 cents; $1\frac{1}{2}$ -lb., 55 cents; 2-lb., 65 cents.

In the same model, but in a cheaper quality, stained finish, Spalding furnishes the Model AW, at prices specified below, the weights mentioned being for each bell.

Half-pound size, 25 cents per pair; $\frac{3}{4}$ -lb., 30 cents; 1-lb., 35 cents; $1\frac{1}{2}$ -lb., 40 cents. 2-lb., 45 cents.

For fancy or exhibition swinging, Spalding supplies two different styles of Indian clubs, handsomely finished in ebonite. The clubs are hollow, with a large body and although extremely light, represent a club weighing three pounds or more. In these clubs the prices are as follows:

No. A, ebonite finish, per pair, \$3.50. No. AA, with German silver bands, per pair, \$5.

Iron dumb bells and nickel-plated dumb bells are also supplied by Spalding. The iron dumb bells, black enamel, in sizes from 2 to 40 lbs., cost 6 cents per lb., and in sizes over 40 lbs. each, cost 8 cents per lb. When required, bar bells made in any weight and with wrought-iron handles, any length desired, will be furnished by Spalding at 10 cents per lb. Nickel-plated dumb bells make a nice appearance, and Spalding furnishes them in sizes from 1 to 5 lbs. each. The plain nickel-plated dumb bells, natural polish, cost, for the different sizes as follows: No. 1N, 1-lb. size, 25 cents per pair; No. 2N, 2-lb., 50 cents; No. 3N, 3-lb., 65 cents; No. 4N, 4-lb., 75 cents; No. 5N, 5-lb., \$1.

Nickel-plated dumb bells nicely polished and furnished with rubber bands, so that when they drop they do not make a noise, are furnished by Spalding also, and the prices are as specified below:

No. 1B, 1-lb. size, 65 cents per pair; No. 2B,



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2-lb., 75 cents; No. 3B, 3-lb., \$1; No. 4B, 4-lb., \$1.15; No. 5B, 5-lb., \$1.25.



It is necessary to have Indian club and dumb bell hangers in order to keep the indian clubs and dumb bells in proper shape. They should not be scattered around the room, but by simply putting up a pair of hangers they can be kept in good condition, and out of the way when not

in use. Spalding furnishes these hangers, made of iron and nicely japanned, at prices as noted.

No. 3, for Indian clubs, complete with screws for attaching, 16 cents per pair.

No. 4, for dumb bells, complete with screws for attaching, 16 cents per pair.

No. 5, for Indian clubs, mounted on oak strips, 25 cents per pair.

No. 6, for dumb bells, mounted on oak strips, 25 cents per pair.

Many men do not realize the importance of exercise as a preventive of disease, and as an aid to the enjoyment of good health. It is not so important to have large powerful muscles, as it is to have perfect digestion; it is not so essential to have wonderful agility as it is to possess a strong regular heart, and the importance of having good lungs and kidneys is something that cannot be overestimated. Natural functions of the body are aided by rational exercises; different parts of the body are kept in good condition if exercise is regular. If this was thoroughly understood and the importance of it realized by all men. the race would be healthier and have better chance of developing further, and beyond what has been achieved so far. It rests, however, in the hands of each individual to see to it himself that he uses the health that is his to further develop his bodily strength. Exercise is a debt that every man owes to his constitution, and he cannot pay it up too promptly. Heredity gave to each of us as a gift a certain quota of health. Posterity demands that





you increase that quota to as great an extent as possible, and even if we do not value health for ourselves, we should have enough consideration for those who are to come after us to leave them no greater handicap in the race of life than we started with. To do this it is not necessary for us to become athletes or to neglect our business affairs. Good health simply necessitates that we take a moderate amount of exercise in a rational way.

Following out the idea of having other members of the family enter into the matter of exercises, so that it becomes a family concern, and not merely a matter for one individual member of the family, there is one article of exercise that lends itself naturally to exercises in the home—that is the Medicine Ball. Many people—in fact, a great many—do not know anything about exercising with the medicine ball. Some of them have never heard of this article, or if they have heard of it, perhaps imagine it is something altogether different from what it really is. To all of those we would recommend that they get immediately a copy of the Spalding Athletic Library, No. 262, entitled “Exercises with the Medicine Ball.” The following is an extract from this publication:

“One of the aims of physical training is to make exercise interesting and enjoyable. To be beneficial in the highest sense it must be recreative. Particularly is this true of physical exercise for business men. As a class, in their daily work they are kept on a constant mental strain. Besides, they are, to a large degree, physically inactive. Life becomes too intense, too serious, too sordid. Exercise, therefore, for business men, must be largely recreative, relaxing and restful.”

This is in the category that we class exercises with the medicine ball. It is particularly useful for the business man, especially in his own home. Spalding furnishes three different sizes of medicine balls, weighing from 4 to 9 pounds. Covering is of selected tanned leather, sewn in the same manner as a foot ball. The quality throughout is first-class. Par-



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ticular care has been taken in making these balls to be sure that they would hold their shape. The exercises with the ball consists of throwing the ball from one to another, and the catching of it develops the chest, exercises the back, arms, and legs, and, in fact, improves the whole system. The price of the medicine ball is—for the No. 11, 4-lb. ball, \$5; for the No. 12, 6-lb. ball, \$6 each,

and for the No. 13, 9-lb. ball, \$7 each.

As an aid to limbering up and making the muscles supple, the wands and wooden bar bell should not be neglected. Spalding furnishes a very satisfactory style of calisthenic wand in their No. 4, $4\frac{1}{2}$ feet long and 1 inch in diameter. The cost of these is very reasonable, the price being \$1.60 per dozen. They also furnish a school wand, their No. 3, $3\frac{1}{2}$ feet long, made of straight-grain maple, for \$1.30 per dozen, and in the bar bells their best grade is known as the Model S. This was specially designed by Dr. Watson L. Savage, of New York City. Has large pear-shaped ends with a flexible hickory shaft one-half inch in diameter, producing a vibratory exercise similar to that obtained with the French wand. The price of the Model S, Savage bar bells is \$6 per dozen, and for the ordinary bar bells, Spalding No. 2, made of selected material, highly polished, and 5 feet long, the price is \$5 per dozen.

An article that is interesting as part of the exercising equipment in the home is a suitable style of striking bag platform or disk fitted with a good durable bag. Spalding furnishes a very satisfactory article of this character in their No. Y disk, the price of which, complete with bag, is \$5 each. They also furnish other styles in their No. FR for \$5, without bag, and their No. CR for \$7.50, without bag. Striking bags they furnish in prices from 90 cents up to \$7 each.

It is well for all of those who are interested in exercising, who may by any chance



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need anything of this kind, to send for a copy of the Spalding catalogue. It should be kept convenient, so that orders can be sent in as any article of exercise may be required, and the prices of the Spalding apparatus and exercising and athletic goods will be found reasonable when the quality of the material and workmanship furnished is considered.

The addresses of the Spalding stores, from which copies of the catalogue will be mailed on application, are as follows:

New York City—124-128 Nassau Street and 29-33 West Forty-second Street.

Philadelphia, Pa.—1013 Filbert Street.

Boston, Mass.—73 Federal Street.

Baltimore, Md.—208 East Baltimore Street.

Washington, D. C.—709 Fourteenth Street, N. W. (Colorado Building).

Pittsburg, Pa.—439 Wood Street.

Buffalo, N. Y.—611 Main Street.

Syracuse, N. Y.—University Block.

Chicago, Ill.—147-149 Wabash Avenue.

St. Louis, Mo.—710 Pine Street.

Cincinnati, Ohio—Fountain Square, 27 East Fifth Street.

Kansas City, Mo.—1111 Walnut Street.

Minneapolis, Minn.—507 Second Avenue, South.

New Orleans, La.—140 Carondelet Street.

Denver, Col.—1616 Arapahoe Street.

San Francisco, Cal.—134 Geary Street.

Detroit, Mich.—254 Woodward Avenue.

Cleveland, Ohio—741 Euclid Avenue.

Montreal, Canada—443 St. James Street.

London, England—53, 54, 55, Fetter Lane.

Spalding Catalogues of Athletic Goods

We are issuing new catalogues continually throughout the entire year. Catalogues containing all information, cuts, description and prices of the full equipment for the particular athletic sport covered by each catalogue.

We charge nothing for these catalogues and we mail them free on request to any address. The first issues, however, are always sent to those that we have on our records here, and as there are generally many new things contained in these catalogues which are particularly interesting to athletes—every athlete and everyone interested in athletic goods should be on this record of ours. It is only necessary to send your name and address and state just what athletic sports you are interested in, and copies of our catalogues will be mailed to you as they are issued.

Spalding Catalogues for Spring and Summer, 1907

No. 707B—Catalogue of Base Ball Goods

A handsome catalogue printed in two colors. Containing cuts, descriptions and prices of the Spalding complete line of Base Ball Goods, including base balls, bats, catchers' fielders' and basemen's mitts, infielders' gloves, catchers' and umpires' masks and protectors, bat and uniform bags, bases, home plates, pitchers' box plates, shoe and pitchers' toe plates, score books and scoring tablets, umpire indicators and foul flags.

—and—

Spalding Base Ball Uniforms, shirts, pants, caps, shoes, belts, stockings, coats, sweaters; also full descriptions of all the various athletic libraries we issue devoted to base ball.

No. 707T—Lawn Tennis Catalogue

Containing cuts, descriptions and prices of the Spalding complete line of Lawn Tennis Goods; also Squash and Squash Racquet Goods, including rackets, balls, nets, posts, markers, marking tapes and plates, racket presses and covers, handle covers, center forks, center straps, guy ropes and pegs, reels, tether tennis and score books.

No. 707G—Golf Catalogue

Containing cuts, descriptions and prices of the Spalding complete line of Golf Goods, including wood and iron clubs, aluminum clubs, rubber cored golf balls, caddy bags, gloves, marking flags and discs, hole rims and cutters, golf paint, ball cleaners, tees, score books and counters, clock golf and golfette.

No. 707L—Catalogue of Lawn Games

Cricket, Croquet, Lawn Bowls, Archery, Field Hockey, Equestrian Polo. Containing cuts, descriptions and prices of the Spalding complete line of Athletic Goods devoted to these sports and games.

—and—

Particularly interesting as containing our new line of cricket goods selected personally by Tom Hayward, acknowledged the champion cricketer of the world.

No. 707U—Catalogue of Uniform Goods

Containing cuts, descriptions and prices of the Spalding complete line of Uniform Goods for all Athletic Sports, including Base Ball, Foot Ball, Basket Ball, Running, Gymnasium, Bathing, Swimming and Field Athletic Suits; shoes, built especially for each athletic sport, athletic hats and caps, jerseys, sweaters, stockings, supporters, belts, shin guards and everything else needed in an athletic equipment.

—and—

We issue separately and will send upon application a copy of our handsome color sheet showing the various shades of material that we furnish in our base ball uniforms. A blank for measuring team and a tape measure is included with this for the convenience of teams when making up their orders.

Copies of any of the above catalogues will be mailed upon application, from any of our stores, addresses of which are on inside of front cover



SPALDING

Chest Weight No. 12

We have just added this very well made machine to our line. The cast iron parts are all nicely japanned. The wheels are iron, turned true on centers, and have hardened steel cone point bearings. The guide rods are spring steel, copper-plated. The weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with 10 pounds of weights.

Each, \$10.00



Chest Weight No. 4

Same type and general design as No. 2, but rods are of larger diameter and both rods and wheels are polished and nickel-plated. This machine is a decidedly neat and attractive piece of apparatus for the home, and is well worth the additional cost over the No. 2.

Each, \$7.00

Spalding's handsomely illustrated catalogue of Athletic Sports mailed free to any address.

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
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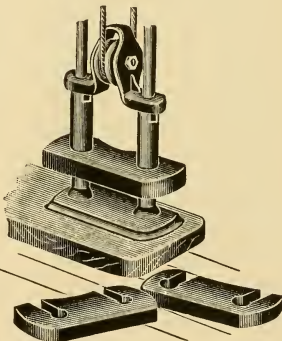
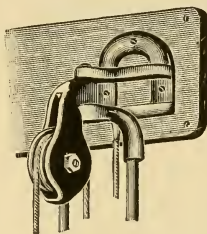
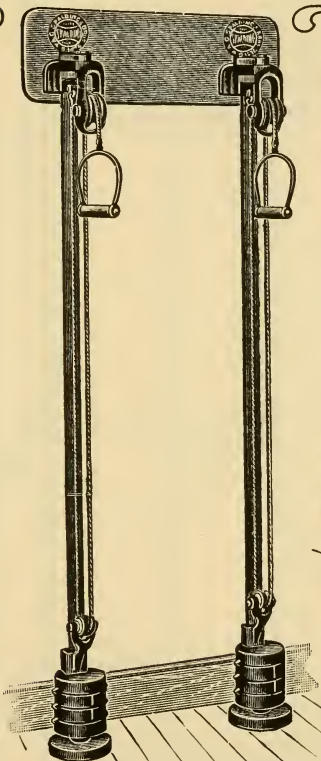
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Showing Important De-
tails of Construction of
No. 12 Machine.

See description on opposite page

A. G. SPALDING & BROS.

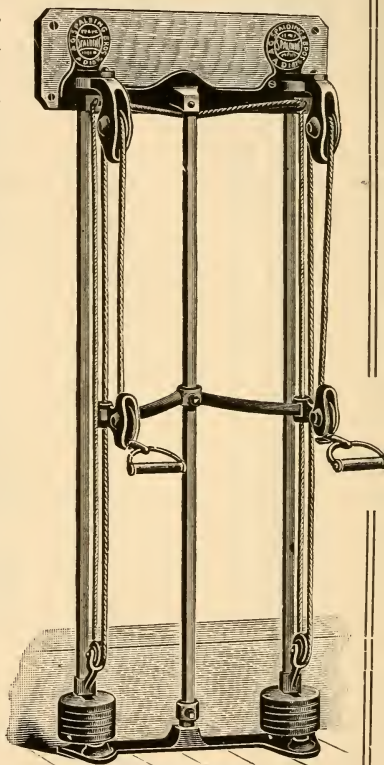
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Spalding Chest Weight No. 5

THIS machine has the Center Arm Adjustment, which permits of all the lower as well as the direct and upper chest movements. The various changes are made by raising or lowering the center arm, requiring but a few seconds. It really combines two machines in one, and is particularly suitable for home use where space is a consideration. Japan finish. One of the most reliable and satisfactory machines ever built. Each machine is equipped with 16 pounds of weights.

No. 5
Each, \$15.00



Prices subject to change without notice

A. G. SPALDING & BROS.

*Send for Complete Catalogue of
all Athletic Sports.*

*Stores in all large cities.
See inside cover page of this book.*



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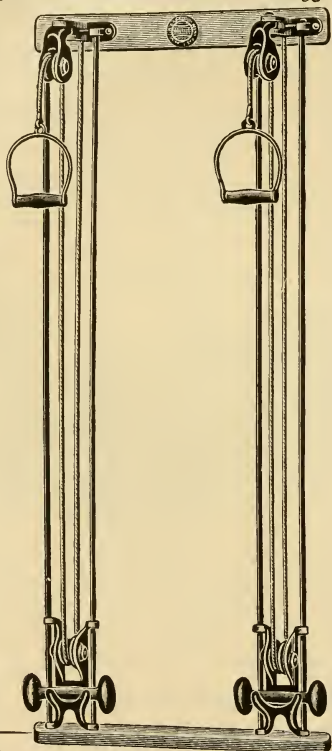
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ST. LOUIS
1904



GRAND PRIX

PARIS
1900



SPALDING CHEST WEIGHT

No. 2

AN ideal machine for home use. Well made and easy running. Rods are 5-8 inch coppered spring steel, bearings are hardened steel cone, points, running in soft gray iron; noiseless and durable. Weight carriage packed with felt, good for long wear, but easily removed and replaced when necessary without the use of glue or wedges of any kind. Weight carriage strikes on rubber bumpers. Weights are 5 pound iron dumb bells, one to each carriage, and may be removed and used as dumb bells if desired. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect.

Each, - \$5.00

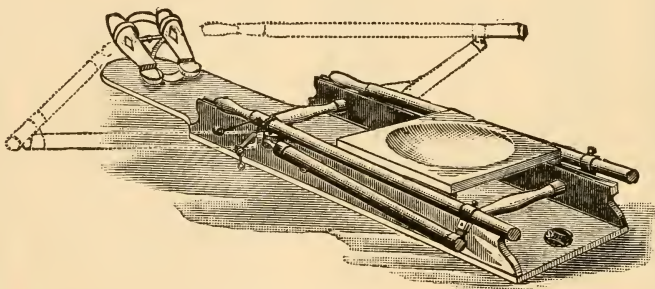
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No. 1 Rowing Attachment

TO be used in connection with any chest weights which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.



THIS attachment, as will be noted, has outriggers and arms similar to the rowing machine, and offers a great variety of work when used in connection with the chest weight.

No. 1. Rowing Attachment.
Complete, \$10.00

A. G. SPALDING & BROS.

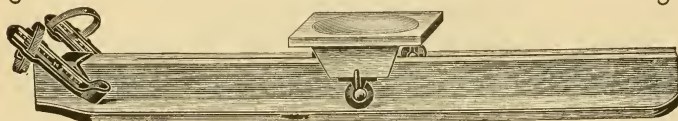
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No. 2

Rowing Attachment

TO be used in connection with any chest weights which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.



DESIGNED to fill the demand for a low priced article of this kind, built along substantial lines. Will give entire satisfaction.

No. 2. Rowing Attachment.
Complete, \$8.00

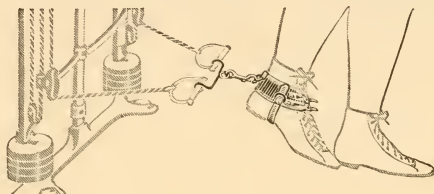
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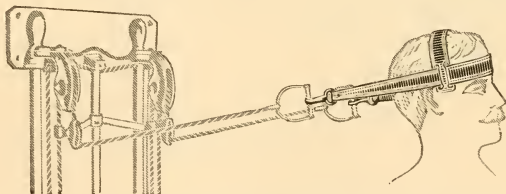
Foot and Leg Attachment



Illustrating Method of Fastening Foot and Leg Attachment to No. 5 Chest Weight Machine.

No. 2. Well made of heavy cowhide. Readily attached to one handle or both ; can be worn with or without shoe. Each, \$1.00

Head and Neck Attachment



Illustrating Method of Fastening Head and Neck Attachment to No. 5 Chest Weight Machine.

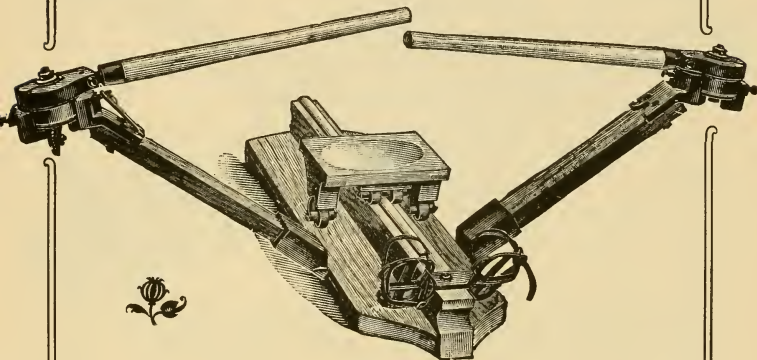
No. 3. Well made of heavy cowhide. Ready for use by simply snapping to one of the handles or both. Each, \$1.00

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The Laflin Friction Rowing Machine



THE means used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and retains the pressure till its completion, when it instantly releases it precisely as in a boat. Quickly taken apart without loosening any bolts or screws. Each machine is adjustable to any amount of friction or resistance.

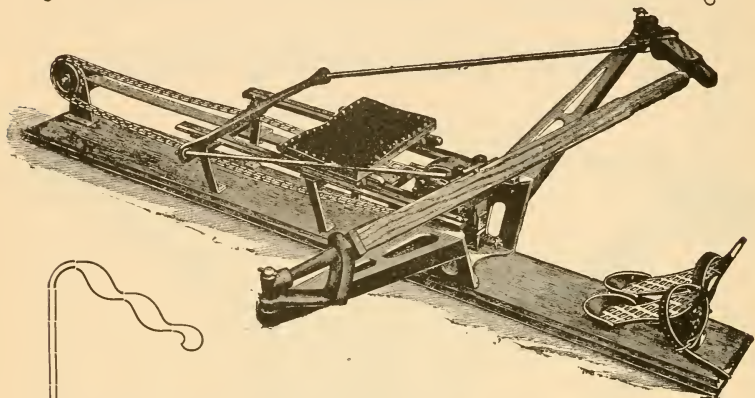
No. 119. Complete, \$16.00

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Kerns' Rowing Machine



Suitable alike for the athlete or
the ordinary man or woman.



Operated just like
rowing a boat.

THE ideal boat for home use and training purposes. Used by the leading athletic clubs, colleges and prominent oarsmen of the world, and pronounced the most perfect rowing machine ever produced. Fitted with the Kerns' Patent Roller Seat and Shoes, the shoes having a three-inch adjustment, to suit either a tall or a short person. By turning a thumb-nut the belt can be tightened to any desired degree, and more or less friction thrown into the running parts, imitating the resistance which exists when forcing a rowboat through the water. The weaker sex can use the machine by simply loosening the thumb-nut, which reduces the resistance; and on the other hand, by reversing the operation, the resistance can be so increased that the strongest athlete can have any amount of resistance. The oars are pivoted in such a way that the operator can handle and turn them the same as he would during the return and feathering motion with a boat oar.

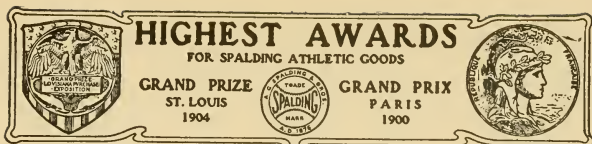
No. 600. Each, \$30.00

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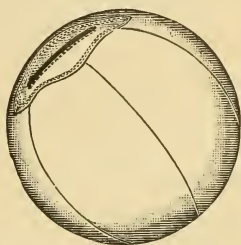
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*Stores in all large cities.
See inside cover page of this book.*



Spalding

Improved Medicine Balls



WEIGH from four to nine pounds. The covering is of selected tan leather sewn in the same manner as our foot balls. Quality throughout has been much improved and the balls as now made are extremely durable. The exercise consists of throwing ball to one another, and the catching of it develops the chest, exercises the back, arms, legs; in fact, improves the whole system.

No. 11.	4-lb. ball.	Each, \$5.00
No. 12.	6-lb. ball.	“ 6.00
No. 13.	9-lb. ball.	“ 7.00

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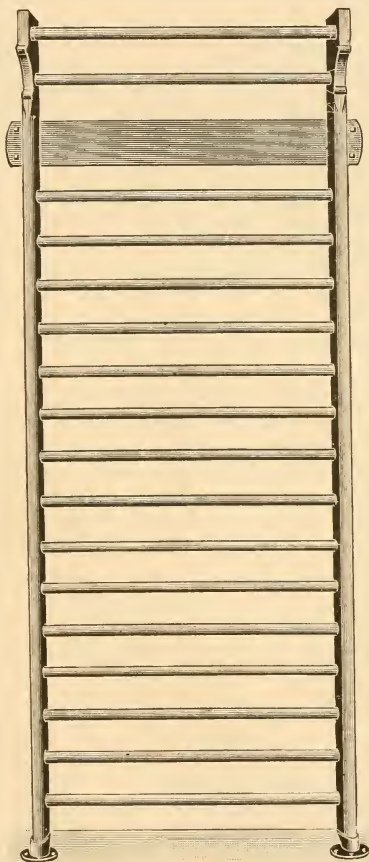
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FOR SPALDING ATHLETIC GOODS

GRAND PRIZE
ST. LOUIS
1904



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BAR STALLS

THIS well known and popular piece of apparatus is particularly adapted for use in the home, as it is compact, of simple construction, and because it may be used for the greatest variety of movements affecting every part of the body. The principal requirements of apparatus for the home are abdomen and chest movements, and for these the Bar Stall is especially adapted.

Apparatus more compact cannot be found. The Stall is to be erected against the wall, behind a door, or against any flat surface. The dimensions are nine feet high, thirty-two inches wide, and it extends six inches into the room. It is of such simple construction that anyone can put it up in a few minutes, and best of all, it is impossible to get out of order, there being no moving or working parts. Made from selected hard pine, modelled after the latest and most approved pattern, oval fronts, round corners, etc. The rungs are maple, having square tenons on end, fitting mortise in upright, and firmly wedged in place. There is no possibility of their working loose or turning. Nicely finished and well made throughout. Furnished complete with necessary wall boards, floor flanges for upright screws, etc. Where it is necessary to attach this to a door it can be supplied smaller in size or less in height than as described above.

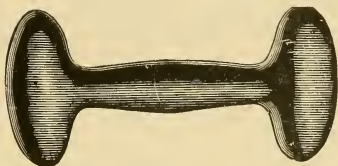
No. 204. Bar Stalls.

Per section, \$8.00



IRON DUMB BELLS

Made on approved models, nicely balanced and finished in black enamel. Sizes 2 to 40 pounds.



Per pound. . . 6c.

Over 40 pounds. . . 8c.

Bar Bells, any weight, wrought iron handles, any length made specially. Per pound, 10c.

NICKEL-PLATED DUMB BELLS

Nickel-plated and polished.

Per pair.

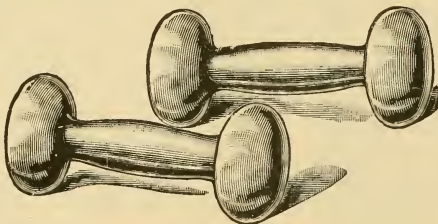
1N. 1 lb. \$.25

2N. 2 " .50

3N. 3 " .65

4N. 4 " .75

5N. 5 " 1.00



Nickel-Plated Dumb Bells with Rubber Bands

Nickel-plated and polished.

Per pair.

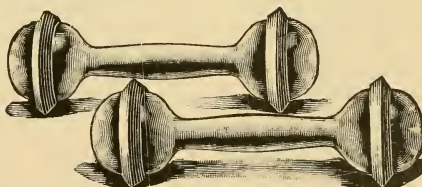
1B. 1 lb. \$.65

2B. 2 " .75

3B. 3 " 1.00

4B. 4 " 1.15

5B. 5 " 1.25



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SPALDING GOLD MEDAL INDIAN CLUBS

Natural Color, Lathe Polished, High Finish

Spalding Gold Medal Indian Clubs are made of selected first grade clear maple, in two popular models, and are perfect in balance. Each club bears fac-simile of the Spalding Gold Medal, and one pair is wrapped in each paper bag.

MODEL E—*Weights specified are for each club.*

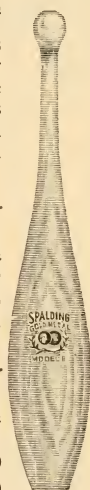
PAIR		PAIR	
½ lb. . .	\$.60	1½ lb. .	\$.85
¾ lb. . .	.60	2 lb. .	.95
1 lb. . .	.75	3 lb. .	1.10

MODEL B—*Weights specified are for each club.*

PAIR		PAIR	
½ lb. . .	\$.45	1½ lb. .	\$.55
¾ lb. . .	.45	2 lb. .	.60
1 lb. . .	.50	3 lb. .	.90



Model E



Model B

Spalding's handsomely illustrated catalogue of Athletic Sports mailed free to any address.

A. C. SPALDING & BROS.

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HIGHEST AWARDS

FOR SPALDING ATHLETIC GOODS

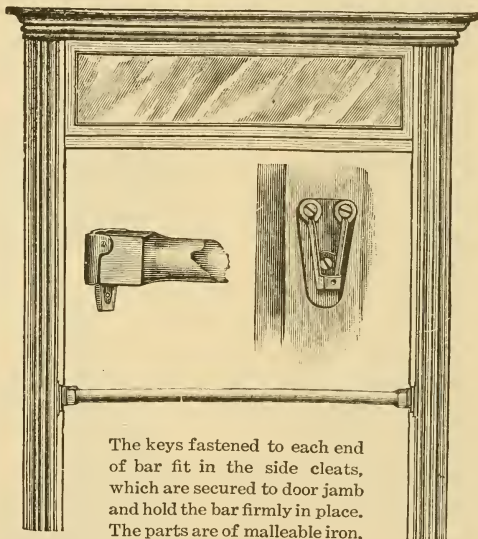
GRAND PRIZE
ST. LOUIS
1904



GRAND PRIX
PARIS
1900



Spalding Doorway Horizontal Bar



The keys fastened to each end of bar fit in the side cleats, which are secured to door jamb and hold the bar firmly in place.

The parts are of malleable iron,

very light, yet strong enough to sustain the heaviest man. The bar may be quickly removed when not in use, leaving no projecting part.

No. 101. Complete with parts, \$2.00

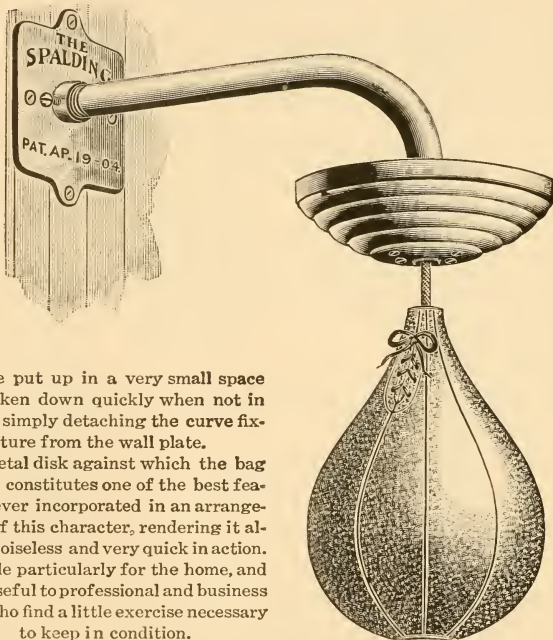
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THE SPALDING DISK PLATFORM

(Patented April 19, 1904)



Can be put up in a very small space and taken down quickly when not in use by simply detaching the curve fixture from the wall plate.

The metal disk against which the bag strikes constitutes one of the best features ever incorporated in an arrangement of this character, rendering it almost noiseless and very quick in action. Suitable particularly for the home, and very useful to professional and business men who find a little exercise necessary to keep in condition.

The Spalding Disk Platform, Complete with Bag
No. Y. Each, \$5.00

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THE SPALDING STRIKING BAGS

The Bladders used in all our Striking Bags are made of pure Para rubber and fully guaranteed.

No. 18. The "Fitzsimmons Special."

Made of finest selected olive Napa tanned leather, extra well made, double stitched, red welted seams and reinforced throughout. For training purposes particularly this bag will be found extremely satisfactory in every respect. Each\$5.00

No. 18S. Same as No. 18, but smaller in size and lighter. Intended for very speedy work. Each.....\$5.00

No. 12. Made of olive tanned leather, specially selected; double stitched, red welted seams and reinforced throughout. Excellent for quick work. Each\$4.00

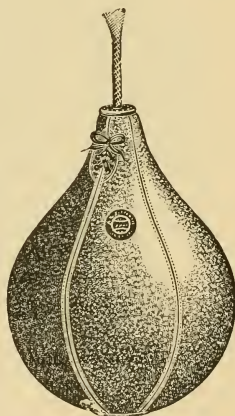
No. 10. Made of specially tanned brown glove leather; double stitched, red welted seams and reinforced throughout. Well made in every particular. Each\$3.25

No. 17. Made of fine craven tanned leather, well finished; double stitched, red welted seams and reinforced throughout. A good all around bag. Each\$3.00

No. 16. Made of extra fine grain leather; full size and lined throughout. Each\$2.50

No. 15. Made of olive tanned leather; full size and lined throughout; red welted seams. Each.....\$1.75

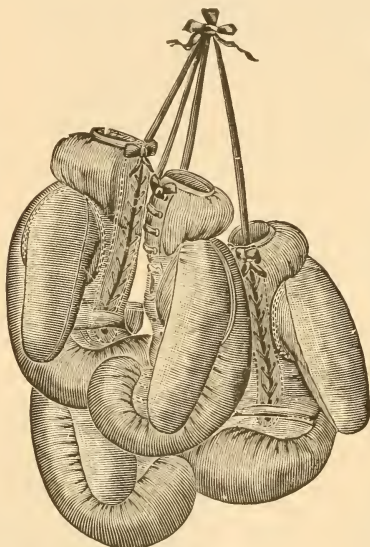
No. 14. Good quality brown leather; lined throughout. Each..\$1.00



No. 19

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No. 11. Corbett Pattern

SPALDING BOXING GLOVES

No. 11. Corbett pattern, large 7-oz. glove, best quality brown glove leather, padded with best curled hair, patent palm lacing, padded wristband, patent palm grip; substantially made throughout for hard usage. Set of four, **\$5.00**

No. 13. Corbett pattern, olive tanned leather, well padded with hair, patent palm lacing and patent palm grip.

Set of four, **\$4.50**

No. 15. Corbett pattern, olive tanned leather, well padded with hair, padded wristband, patent palm lacing, patent palm grip.

Set of four, **\$3.50**

No. 17. Corbett pattern, craven tan leather, well padded with hair, patent palm lacing, patent palm grip, padded wristband.

Set of four, **\$3.50**

No. 19. Corbett pattern, craven tan leather, well padded with hair, patent palm grip and patent palm lacing. . . . Set of four, **\$3.00**

No. 21. Corbett pattern, grip and cuffs of brown leather, balance of glove finished in dark wine color leather; well padded with hair and patent palm lacing. . . . Set of four, **\$2.50**

A. G. SPALDING & BROS.

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Durand-Steel Lockers

WOODEN LOCKERS are objectionable because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire. Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust and the lockers themselves present a poor appearance, resembling animal cages.

Durand-Steel Lockers are made of high-grade steel plates, and are finished with gloss-black Furnace baked Japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.

Durand-Steel Lockers are usually built with doors perforated full length in panel design, with sides and backs

solid. This prevents clothes in one locker from

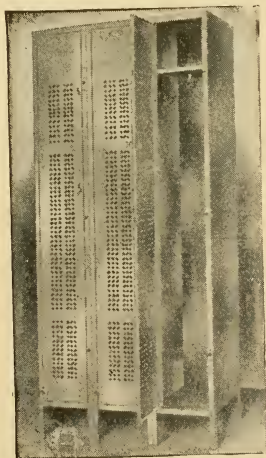
coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but if the purchaser prefers we perforate the backs also.

The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and in addition, are fire-proof.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size, and arrangement, we shall be glad to take up through correspondence the matter of prices.



Six Lockers in Double Tier



Three Lockers in Single Tier

A. G. SPALDING & BROS.

Send for Complete Catalogue of
all Athletic Sports.

Stores in all large cities.
See inside cover page of this book.

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WILL GIVE AN IDEA OF THE
GREAT VARIETY OF ATHLETIC
GOODS MANUFACTURED AND SOLD
BY A. G. SPALDING & BROS. : : : :

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MAY 21 1907

Who are A. G. Spalding & Bros.?

Albert G. and J. Walter Spalding commenced business March 1st, 1876, at Chicago, under the firm name A. G. Spalding & Bro., with a capital of \$800. Two years later their brother-in-law, William T. Brown, came into the business, and the firm name was then changed to A. G. Spalding & Bros.

The business was founded on the Athletic reputation of Mr. A. G. Spalding, who acquired a national prominence in the realm of Sport, as Captain and Pitcher of the Forest City's of Rockford, Ill. (1865-70), the original Boston Base Ball Club (Champions of the United States, 1871-75), and the Chicago Ball Club (1876-77), first Champions of the National League. He was also one of the original organizers, and for many years a director, of the National League of America, the premier Base Ball organization of the world. Mr. Spalding has taken an important part in Base Ball affairs ever since it became the National Game of the United States at the close of the Civil War in 1865. The returning veterans of that War, who had played the game as a camp diversion, disseminated this new American field sport throughout the country, and thus gave it its national character.

Base Ball Goods were the only articles of merchandise carried the first year, the total sales amounting to \$11,000. Gradually implements and accessories of Athletic Sports were added, until the firm now manufacture the requisites for all kinds of Athletic Sports. Originally the firm contracted for their supplies from outside manufacturers, but finding it impossible, by this method, to keep the standard of quality up to their high ideals, they gradually commenced the manufacture of their own goods, and by the acquisition from time to time of various established factories located in different parts of the country, are now able to, and do manufacture in their own factories everything bearing the Spalding Trade-Mark, which stands the world over as a guarantee of the highest quality.

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